



**Reiki eZine by Taggart King**

[Liberate Your Reiki!] How to Start a Reiki Treatment

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# Liberate your Reiki!

The eZine for Open-minded Reiki people  
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## How To Start A Reiki Treatment



### A simple ritual to get your Reiki treatment started

People in different lineages are taught different ways of starting off a Reiki treatment - the ritual(s) that you carry out to get things started - and I thought it would be useful to share with you the sequence that we teach on Reiki Evolution courses, so that you can compare it with what you were taught.

It might trigger off some ideas and help you to develop your own way of doing things if you wanted to.

When standing by the recipient, our students are taught to go through a sequence represented by the letters A, C, B, M, F.

**A** = Affirm  
**C** = Connect  
**B** = Build  
**M** = Merge  
**F** = Flow

Below I describe these stages in a bit more detail...

#### **Affirm**

It's quite common, I think, for Reiki people to make some sort of affirmation or dedication before starting a Reiki treatment, and we have students silently affirm, "I dedicate this treatment to the highest good of [client's name]".

It's just a nice way of reminding yourself that when you carry out a Reiki treatment, you do so in a 'neutral' way, with no expectation of a particular result, metaphorically standing aside to allow the energy to be drawn by the recipient to where it needs to go. So you're setting the right intent.

Once you have gone through this process again and again with different clients, you probably don't need to keep on reminding and re-reminding yourself at the start of each session: you know what your intent is.

#### **Connect**

Here is where we focus our attention on our 'connection' to the energy, and we have our students imagine that energy is flowing down through their crown, down through the centre of the body to the Tanden.

And just focusing on that for a little while can bring a lovely meditative state, ideal for carrying out a Reiki treatment on someone.

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